

OCTOBER 2024

*online only
+online option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Weekly Programs 885-6777 tutushouse.org</p>	<p>1</p> <p>9:30a +Ukulele 10a *Tutu's House Writers Support Group 1p +Qi Gong & Tai Chi 3:30p Yoga Stretch</p>	<p>2</p> <p>8:15a Mat Pilates 10a *Arthritis Fitness 1p +Knitting</p>	<p>3</p> <p>9a Anuenue Quilters 10:30a +Carl Jung Study Group 1p Mah Jong Meetup</p>	<p>4</p> <p>8a *Yoga Basics 9a Yoga Stretch 12p *Women's Support Group 1p Scrabble</p>	<p>5</p>
	<p>7</p> <p>8a Yoga Basics 10a *Arthritis Fitness 1p +Chair Yoga</p>	<p>8</p> <p>9:30a +Ukulele 10a *Tutu's House Writers Support Group 1p +Qi Gong & Tai Chi 3:30p Yoga Stretch</p>	<p>9</p> <p>8:15a Mat Pilates 10a *Arthritis Fitness 11a +Revelation Breathwork 4p *Medicare 101 5:30p Dizziness is NOT Normal</p>	<p>10</p> <p>9a Anuenue Quilters 10:30a +Carl Jung Study Group 1p Mah Jong Meetup 5p Community Poetry Night 5:30p +Night Knitting</p>	<p>11</p> <p>8a *Yoga Basics 9a Yoga Stretch 10:15a Meditation & Stretching 1p Scrabble 5:30p Paint By Number Pa'ina for Women</p>
<p>14</p> <p>8a Yoga Basics 10a *Arthritis Fitness 10a Tutu's Quilting 1p +Chair Yoga 5:30p Hearts for Hula</p>	<p>15</p> <p>9:30a +Ukulele 10a *Tutu's House Writers Support Group 1p +Qi Gong & Tai Chi 3:30p Yoga Stretch</p>	<p>16</p> <p>8:15a Mat Pilates 10a *Arthritis Fitness 1p +Knitting 1p +Surviving Breast Cancer</p>	<p>17</p> <p>9a Anuenue Quilters 10:30a +Carl Jung Study Group 1p Mah Jong Meetup</p>	<p>18</p> <p>8a *Yoga Basics 9a Yoga Stretch 10:15a Meditation & Stretching 12p Lokahi: Foundation of Self-Care 1p Scrabble 2:30p Caregivers Support Group 5p Science & Beyond</p>	<p>19</p>
<p>21</p> <p>8a Yoga Basics 10a *Arthritis Fitness 1p +Chair Yoga</p>	<p>22</p> <p>9:30a +Ukulele 10a *Tutu's House Writers Support Group 1p +Qi Gong & Tai Chi 3:30p Yoga Stretch</p>	<p>23</p> <p>8:15a Mat Pilates 10a *Arthritis Fitness 11a +Revelation Breathwork 1p +Breast Cancer Support Group 5p Plant Based Hui</p>	<p>24</p> <p>9a Anuenue Quilters 10:30a +Carl Jung Study Group 1p Mah Jong Meetup 5:30p +Night Knitting</p>	<p>25</p> <p>8a *Yoga Basics 9a Yoga Stretch 10:15a Meditation & Stretching 1p Scrabble</p>	<p>26</p>
<p>28</p> <p>8a Yoga Basics 10a *Arthritis Fitness 10a Tutu's Quilting 1p +Chair Yoga 5:30p Hearts for Hula</p>	<p>29</p> <p>9:30a +Ukulele 10a *Tutu's House Writers Support Group 1p +Qi Gong & Tai Chi 3:30p Yoga Stretch</p>	<p>30</p> <p>8:15a Mat Pilates 10a *Arthritis Fitness</p>	<p>31</p> <p>9a Anuenue Quilters 10:30a +Carl Jung Study Group 1p Mah Jong Meetup</p>	<p>Space is limited for our in-person activities and registration is required by calling 808-885-6777.</p> <p>Interested in something on Zoom? Email newsletter@tutushouse.org for a link to register.</p>	

There is never a cost to participate.